Abstract of the Disclosure

A video encoding method and a computer-readable record media for performing the method are disclosed, in which in carrying out the video encoding, an intra updating technique is adopted by sorting out the blocks requiring an intra updating by utilizing the bit stream size information for each block, thereby maximizing the intra updating effect. The video encoding method includes the following steps. That is, at a first step, an encoding method for each frame of incoming images is selected, and the images are divided into blocks of a certain size. At a second step, either an intra coded block encoding or an inter coded block encoding is carried out depending on whether an encoding of a current frame and an inter coded encoding are needed or not, and whether an intra coded block is relevant or not. Further, blocks requiring an intra updating are sorted out by utilizing a bit stream size information for each block if the inter coded encoding is needed. At a third step, the first and second steps are repeatedly carried out to the last frame.